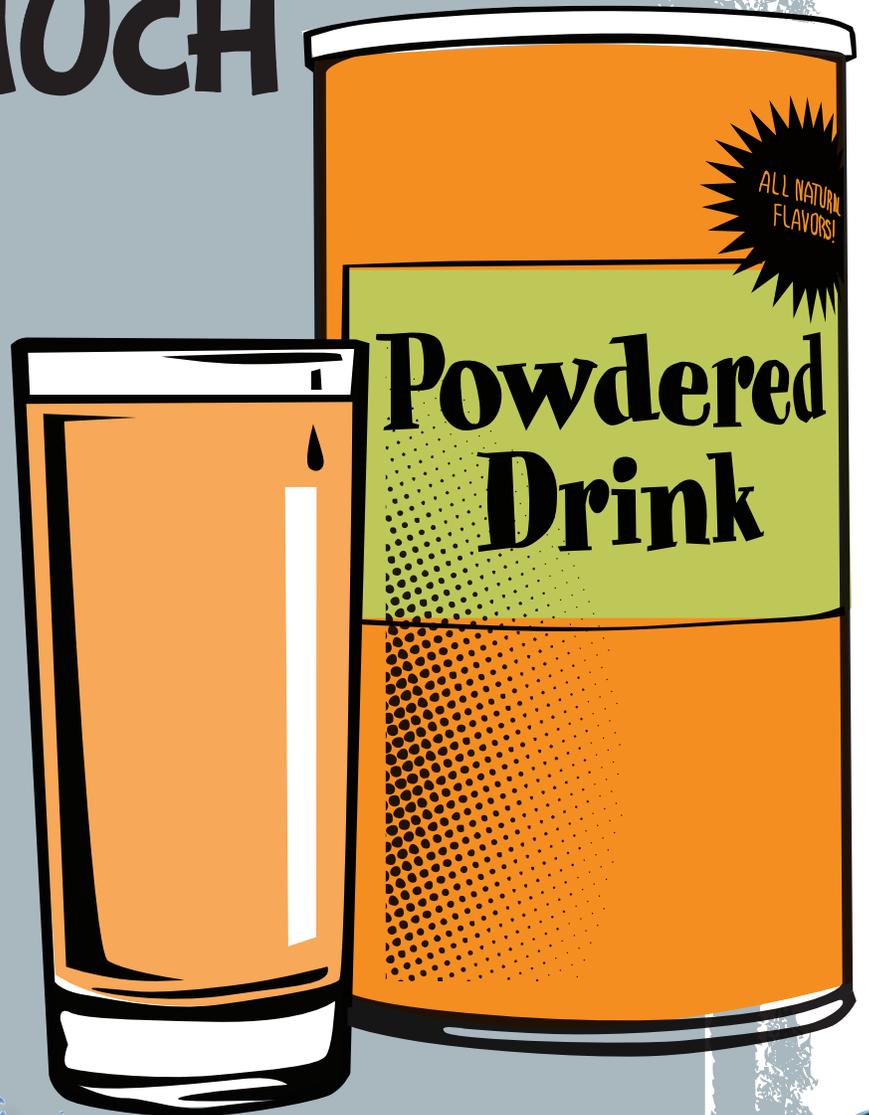


# EVEN ONE IS TOO MUCH

JUST ONE  
POWDERED  
DRINK HAS  
MORE SUGAR  
THAN KIDS  
SHOULD HAVE  
IN ONE DAY.

Sugary drinks can  
lead to cavities,  
weight gain and  
type 2 diabetes.



**DRINK  
WATER**



[playeveryday.alaska.gov](http://playeveryday.alaska.gov)

